



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

MESSER, Alexander

Club: Hamburg
Number: 147

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:20:40

Speed: 11.09 km/h
Running performance: 5:22 min/km

Rank in course/Total: 106 (of 500)

Rank in course/Men: 102 (of 423)

Best time in course: 1:35:36

Rank in category: 18(of 85)

Best time in the category: 1:44:53

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:25	5:16	21	4:32	112	5:26	3.30	17:25	5:16	21	4:32	112	5:26
Schlüsie	3.10	18:40	6:01	20	4:14	104	5:55	6.40	36:05	5:38	19	8:46	108	11:21
Hermannsklippe	2.60	16:53	6:29	28	4:06	133	5:42	9.00	52:58	5:53	20	12:43	112	17:03
Brocken	3.10	27:01	8:42	22	7:13	124	9:37	12.10	1:19:59	6:36	20	19:56	110	26:40
Eiserner Handwe	3.60	16:13	4:30	15	4:21	76	4:33	15.70	1:36:12	6:07	20	24:17	105	31:13
Schlüsie	4.10	15:51	3:51	18	3:55	86	4:50	19.80	1:52:03	5:39	19	28:12	102	36:03
Loddenke	3.10	13:38	4:23	31	3:41	146	4:22	22.90	2:05:41	5:29	18	31:53	101	40:25
Ilseburg/Markt	3.30	14:59	4:32	32	3:54	132	4:39	26.20	2:20:40	5:22	18	35:47	102	45:04